



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FWS SUGGESTS HALIBUT FOR FEBRUARY MENUS

Halibut is the largest of the flatfishes and is found in the cold waters of the North Pacific, the Arctic, and the North Atlantic oceans. Commercially, halibut range in size from 5 to more than 80 pounds, with a few as large as 400 pounds being landed.

Even though the greatest proportion of halibut comes from the Pacific Northwest, halibut is available in all parts of the United States, mainly as frozen steaks. Steaks are the cross-section slices of dressed fish, each containing a short section of the backbone. Chunks and fillets are other forms in which halibut may be purchased.

Halibut is one of the most highly prized of all white-fleshed fish. This firm and flavorful fish is appreciated by all who are familiar with it.

Halibut may be prepared by any of the basic cooking methods such as frying, baking, broiling, boiling, and steaming.

For your February menu, the home economists of the United States Fish and Wildlife Service are suggesting a one dish meal, "Curried Halibut Casserole" which features boiled halibut in combination with noodles, asparagus, and cheese and flavored with curry.

Other attractive and nutritious recipes are contained in the recipe booklet How to Cook Halibut, Test Kitchen Series No. 9, which is available from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., at a cost of 20 cents per copy.

CURRIED HALIBUT CASSEROLE

1 pound halibut steaks or fillets, fresh or frozen	2 tablespoons butter or other fat, melted
1 quart boiling water	$\frac{1}{2}$ cup milk
1 tablespoon salt	1 can (10 $\frac{1}{2}$ ounces) cream of mushroom soup
1 package (8 ounces) noodles	1 can (1 pound 4 ounces) asparagus, drained
1 $\frac{1}{2}$ teaspoons curry powder	1 cup grated cheese

Place steaks in boiling salted water. Cover and return to boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain, remove skin and bones. Flake.

Cook noodles as directed on package; drain. Place in a well-greased 2 $\frac{1}{2}$ -quart casserole. Cover with fish. Combine curry powder, butter, milk, and soup. Pour over fish and noodles. Arrange asparagus over casserole and sprinkle with cheese. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until brown. Serves six.

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